



## Zumba

ZUMBA® is a great cardiovascular workout set to dynamic Latin rhythms with easy to follow moves from Latin dances including Merengue, Bollywood, Salsa and more. Great for beginners and those wanting to go at a slower pace. Teresa focuses on the dance movements and makes sure everyone learns the steps. Classes at the Sr. Center are open to all adults. Please wear comfortable loose clothing, sneakers and bring water.

Instr: Teresa Osborn

Loc: Senior Center Multipurpose Room (SC) & Senior Center Multipurpose Room (ORSCC)

Age: 18+ yrs..... Fee: \$20S/\$20R/\$24N

|       |     |          |                 |       |
|-------|-----|----------|-----------------|-------|
| 38037 | Tue | Sep 6-27 | 10:50-11:50am   | SC    |
| 38038 | Tue | Oct 4-25 | 10:50-11:50am   | SC    |
| 38039 | Wed | Sep 7-28 | 5:30-6:30pm     | ORSCC |
| 38040 | Wed | Oct 5-26 | 5:30-6:30pm     | ORSCC |
| 38041 | Fri | Sep 9-30 | 11:30am-12:30pm | SC    |

Age: 18+ yrs..... Fee: \$15S/\$15R/\$18N

|       |     |           |                 |    |
|-------|-----|-----------|-----------------|----|
| 38042 | Fri | Oct 7-28  | 11:30am-12:30pm | SC |
| 38043 | Mon | Sep 12-26 | 5:30-6:30pm     | SC |

Age: 18+ yrs..... Fee: \$25S/\$25R/\$30N

|       |     |          |             |    |
|-------|-----|----------|-------------|----|
| 38044 | Mon | Oct 3-31 | 5:30-6:30pm | SC |
|-------|-----|----------|-------------|----|

Age: 18+ yrs..... Fee: \$10S/\$10R/\$12N

|       |     |          |               |       |
|-------|-----|----------|---------------|-------|
| 38045 | Mon | Dec 5-12 | 5:30-6:30pm   | SC    |
| 38046 | Tue | Dec 6-13 | 10:50-11:50am | SC    |
| 38047 | Wed | Dec 7-14 | 5:30-6:30pm   | ORSCC |

## Zumba Fitness

ZUMBA® fitness is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. It's the ultimate dance party spiced up with fast and slow rhythms from Latin and international music. Previous Zumba experience is encouraged but not required. \$5 Drop-ins allowed as space permits.

Instr: Jamie Lynn Segura

Loc: Old Redmond Schoolhouse Community Center Auditorium

Age: 17+ yrs..... Fee: \$30R/\$36N

|       |     |              |       |
|-------|-----|--------------|-------|
| 37787 | Thu | Sep 8-Oct 13 | 7-8pm |
| 37788 | Tue | Sep 6-Oct 11 | 7-8pm |

Age: 17+ yrs..... Fee: \$60R/\$72N

|       |     |               |       |
|-------|-----|---------------|-------|
| 37789 | Tue | Oct 18-Jan 3  | 7-8pm |
| 37790 | Thu | Oct 20-Jan 12 | 7-8pm |

## RSC-Zumba Gold

ZUMBA® Gold class is designed for active older adults, anyone who has not been exercising lately or individuals who may be limited physically. Taught at a lower intensity, the class lasts about 40 minutes and includes a warm up and cool down. It is just as much fun just not as fast; and utilizes the same great Latin music and dances as other Zumba classes.

Instr: Teresa Osborn

Loc: Senior Center Multipurpose Room

Age: 18+ yrs..... Fee: \$20S/\$20R/\$24N

|       |     |          |            |
|-------|-----|----------|------------|
| 38061 | Tue | Sep 6-27 | 10-10:45am |
| 38062 | Tue | Oct 4-25 | 10-10:45am |

Age: 18+ yrs..... Fee: \$10S/\$10R/\$12N

|       |     |          |            |
|-------|-----|----------|------------|
| 38063 | Tue | Dec 6-13 | 10-10:45am |
|-------|-----|----------|------------|

## Enso Center

Enso Center is a non-profit international arts organization offering quality instruction in martial arts, fine arts, archery and other cultural classes. In addition, we offer healing therapies such as acupuncture, massage and homeopathy. Our martial arts programs focus on the health of the person as a whole, encouraging proper body movement and a body-mind connection. All classes are taught in a safe, positive environment by highly skilled, black belt level instructors, passionate about sharing their art with others. People of all fitness and skill levels are welcome. Enso Center, 8708 196th Ave NE, Redmond, WA 98053, 425-869-0276, [www.ensocenter.org](http://www.ensocenter.org)

## Martial Arts - Hapkido Introduction

Hapkido (harmony energy way) is a complete martial arts system that includes empty hand, kicking, and wooden sword/staff practice, an excellent art for self defense. This beginners class is designed to introduce you to the art in a non-competitive, safe environment, with and without partners. Benefits include increased physical fitness, flexibility, strength and balance, improved confidence, and a more peaceful mind.

Loc: ENSO Center ENSO Center Studio

Age: 6+ yrs..... Fee: \$65R/\$78N

|       |         |          |             |
|-------|---------|----------|-------------|
| 37668 | Thu,Tue | Sep 1-29 | 5:30-6:45pm |
| 37669 | Tue,Thu | Oct 4-27 | 5:30-6:45pm |
| 37670 | Tue,Thu | Nov 1-29 | 5:30-6:45pm |
| 37671 | Thu,Tue | Dec 1-29 | 5:30-6:45pm |

## Martial Arts - TaeKwonDo

Taekwondo, foot-hand way, practices kicking and empty hand techniques. Flexibility, strength, balance, and self confidence are all improved through this practice. We welcome people of all ages - 6 through adult, families encouraged. Taught by qualified black belt instructors, with a focus on health of the body and mind, mutual respect and an enjoyable workout!

Loc: ENSO Center ENSO Center Studio

Age: 6+ yrs..... Fee: \$65R/\$78N

|       |          |          |       |
|-------|----------|----------|-------|
| 37689 | Wed, Mon | Sep 7-28 | 4-5pm |
| 37690 | Mon, Wed | Oct 3-31 | 4-5pm |
| 37691 | Wed, Mon | Nov 2-30 | 4-5pm |
| 37692 | Mon, Wed | Dec 5-28 | 4-5pm |
| 37693 | Thu, Tue | Sep 1-29 | 4-5pm |
| 37694 | Tue, Thu | Oct 4-27 | 4-5pm |
| 37695 | Tue, Thu | Nov 1-29 | 4-5pm |
| 37696 | Thu, Tue | Dec 1-29 | 4-5pm |



## Tai Chi

Class focuses on health of the whole person with a series of relaxed breathing and strengthening exercise (Chi Kung). We practice a pattern slowly, with emphasis on healthy joints and movement, with a strong, relaxed body and mind. Tai Chi is practiced for balance, strengthening and stretching the body, increasing energy (chi) flow, and calming the mind. People of all levels and physical abilities. We practice Chinese Yang style forms and Korean Kwon Bup forms.

Loc: ENSO Center ENSO Center Studio

Age: 12+ yrs..... Fee: \$70R/\$84N

|       |          |          |           |
|-------|----------|----------|-----------|
| 37697 | Fri      | Sep 1-29 | 11am-12pm |
|       | Thu, Tue | Sep 1-29 | 7-8:15pm  |
| 37698 | Fri      | Oct 4-27 | 11am-12pm |
|       | Tue, Thu | Oct 4-27 | 7-8:15pm  |
| 37699 | Fri      | Nov 1-29 | 11am-12pm |
|       | Tue, Thu | Nov 1-29 | 7-8:15pm  |
| 37700 | Fri      | Dec 1-29 | 11am-12pm |
|       | Thu, Tue | Dec 1-29 | 7-8:15pm  |